Nutrition guidelines for Teens

\*Calorie recommendations:

Sedentary Moderately active Active

F 1800 2000 2400

M 2200 2400-2800 2800-3200

\*These are only estimates. Different body types/sizes require different amounts.

Vitamin Recommendations

Fat Soluble Vitamins Water Soluble vitamins

A F=700mcg B 1 F=1.0 mg

M=900mcg M=1.2 mg

D F=5 mcg B2 F=1.0mg

M=5mcg M=1.3mg

E F=15 mg B3 F=14mg

M=15 mg M=16mg

K F=75mcg B6 F=1.2mg

M=75mcg M=1.3mg

B12 F=2.4 mcg

M=2.4mcg

C F=65 mg

M=75 mg

Folic Acid F=400mcg

M=400mcg

Minerals

Calcium F=1300mg

M=1300mg

Phosphorus F=1250mg

M=1250mg

Magnesium F=360mg

M=410mg

Iron F=15mg

M=11mg

Water

F=9 cups M=13 cups

Protein

F=46 g M= 52 g

Fiber

F=26 g M=38g

Carbs

\*Depending on activity level: 45-65% of caloric intake

Fat (good fats)

\*Depending on activity level: 25-35% of caloric intake